

We stock the following organic zero waste foods



Beans and Pulses:

- Aduki beans
- Black (Turtle) beans
- Butter beans
- Chickpeas
- Kidney beans - red
- Lentils - green, puy, red split
- Mung beans
- Peas - yellow split

Cereals and Flakes:

- Bran flakes
- Millet flakes
- Muesli - super, vitality & plain base
- Oats - jumbo & fine (porridge)
- Quinoa - flakes & puffed
- Rice flakes - brown
- Wheat flakes - malted toasted

Dried Fruit:

- Apple rings
- Apricots
- Banana chips
- Currants
- Dates - medjool & pitted plain (deglet nour)
- Desiccated Coconut
- Figs
- Mango strips
- Mixed peel
- Prunes - pitted
- Raisins
- Sultanas
- Sun-dried tomato halves

Herbs & Spices:

- Black Peppercorns
- Cinnamon - ground
- Coriander - ground
- Chillies - crushed
- Cumin - ground
- Curry powder
- Mixed herbs
- Oregano
- Paprika - smoked
- Turmeric - ground

Nuts and Seeds:

- Almonds - ground, whole skin-on, flaked, blanched
- Brazil nuts
- Cashews - whole
- Chia seeds
- Four-seed mix - sunflower, sesame, pumpkin & linseed/flaxseed
- Hazelnuts
- Pine nuts
- Pumpkin seeds
- Sesame seeds - whole brown
- Sunflower seeds
- Walnut - halves & pieces

Pasta:

- Durham Wheat Pasta - wholewheat penne, white penne, wholewheat spaghetti, white spaghetti
- Spelt Pasta - wholewheat fusilli

Rice and Grains:

- Buckwheat groats
- Cous cous - wholewheat
- Millet
- Pot barley
- Quinoa - red and white
- Rice
 - Brown long grain, basmati, short-grain
 - White basmati, arborio (risotto)

Snacks:

- Fava beans - salted with sweet chilli
- Peanuts - salted & roasted
- Peas - roasted with wasabi
- Chocolate buttons - 73% dark (vegan), milk & white

And finally:

- Coffee beans - Columbian & Peruvian
- Nutritional Yeast flakes - *not organic*
- Raw Cane Sugar